

FOR IMMEDIATE RELEASE

CONTACT: Shelby Janner (512) 638-6379

Positive thinking really can lead to a happier life

Deborah Norville and Chicken Soup for the Soul show you how

COS COB, Conn. – “Wouldn’t it be wonderful if we could find a way to laugh when the plans we have so carefully laid out go awry? To not be enraged, frustrated, and despondent—or worse—when the news isn’t good, the prognosis grim, or the future seems bleak,” says Deborah Norville in her introduction to her latest *Chicken Soup for the Soul* book. As the anchor of *Inside Edition*, Norville has seen plenty of ups and downs in the lives of the people she covers as well as in her own career. She brought her experience to the editorial process, coauthoring this book with Amy Newmark, Chicken Soup for the Soul’s publisher and editor-in-chief.

Everyone can use a little more positive thinking—to create an even better life. “There are times when a role model is required, someone to emulate as you try to pick yourself up, take that deep breath and find a way to move forward,” continues Norville. *Chicken Soup for the Soul: Think Positive, Live Happy* (September 24, 2019, 978-1611599923, \$14.95) is filled with those role models – with 101 stories about people using a constructive mindset to do the impossible, whether they are achieving success despite predictions to the contrary, coming back from trauma and disasters, or rebooting their lives through their mindsets and force of will.

“Change your thoughts and you change your world.” That adage is illustrated in these tales of people who deliberately became more positive and found their lives transformed. They used gratitude and mindfulness to find pleasure in everyday moments; they tried new things; they found new perspectives by looking outside their own experience; and all these actions were part of a decision to actively use positive thinking.

The role models in this book are fascinating and inspiring people. They show us how to use attitude as a powerful tool, with stories about:

- making every day count through mindfulness and thankfulness
- trying new things and stepping outside their comfort zones
- simple phrases that changed their lives
- turning lemons to lemonade and finding the silver lining in every situation
- finding their inner strength and turning adversity into opportunity
- counting their blessings and using the power of gratitude
- rebooting their lives and living with passion and purpose
- how volunteering and making a difference turned their lives around
- strategies that worked for bringing joy back into their lives
- and, techniques they used to manage cancer and other health challenges.

The proof is in these stories, which manage to entertain and inspire at the same time. They show that people do have the ability to call on resilience and inner strength when needed, and that anyone can change his or her life through something as simple as deliberate positive thinking.



ABOUT DEBORAH NORVILLE

Bestselling author Deborah Norville credits many of the successes in her life to a positive mental attitude. She is the anchor of *Inside Edition*, the nation's top-rated daily news magazine, a two-time Emmy winner, and serves on the Board of Directors for the Viacom Corporation. She is also the author of a half-dozen books including the New York Times bestseller, *Thank You Power: Making the Science of Gratitude Work for You* and *The Power of Respect*. She also wrote the forewords for *Chicken Soup for the Soul: Think Positive* and *Chicken Soup for the Soul: Find Your Happiness* and coauthored *Chicken Soup for the Soul: Think Possible* and *Chicken Soup for the Soul: The Power of Gratitude*.

ABOUT CHICKEN SOUP FOR THE SOUL

Chicken Soup for the Soul publishes the famous *Chicken Soup for the Soul* book series. With well over 100 million books sold to date in the U.S. and Canada, more than 250 titles, and translations into more than 40 languages, the phrase "chicken soup for the soul" is known worldwide and is regularly referenced in pop culture. Today, 26 years after it first began sharing happiness, inspiration and hope through its books, this socially conscious company continues to publish a new title a month. It has also evolved beyond the bookstore, with a podcast, education programs, dog and cat food, licensed products, and video, television and movies through its subsidiary, Chicken Soup for the Soul Entertainment.

###

For a review copy of *Chicken Soup for the Soul: Think Positive, Live Happy* or an interview with Deborah Norville, Amy Newmark, or one of the contributors, please contact Shelby Janner at (512) 638-6379 or shelby@zilkermedia.com.
